



Instilling Accountability, Responsibility, Respect

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NUTRITION AND PHYSICAL ACTIVITY WELLNESS POLICY

PURPOSE AND PHILOSOPHY

To optimize student performance potential, C.S. Lewis Academy Board of Trustees promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. C.S. Lewis Academy supports a healthy environment where children have access to healthy food and physical activity.

OPPORTUNITIES FOR PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

A quality physical education program is an essential component for all students to learn about and participate in physical activity. A sequential developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives, consistent with the State Core Physical Education Curriculum. Physical activity should include regular instructional physical education as well as recess.

OPPORTUNITIES FOR NUTRITION EDUCATION

A quality nutrition education program is an essential component for all students to learn in an effort to positively influence students' eating behaviors. Nutrition education topics shall be integrated within the sequential, comprehensive health education program which shall focus on students' eating behaviors that are based on theories and methods proven effective by published research, and be consistent with the State Core Health Education Curriculum.

NUTRITION GUIDELINES FOR FOODS AVAILABLE IN SCHOOLS

Food served through the school lunch program shall meet or exceed the federal regulations and guidance for reimbursable school meals. Other food items on school grounds and at school-sponsored activities during the instructional day are encouraged to include healthy snack options.

POLICY REVIEW

The School Director will ensure compliance with this policy and will report on the school's compliance to the Board of Trustees. The Board will, as necessary, revise this policy and develop work plans to facilitate its implementation.